

# DINNERLY



## August Vegan Lunch Special!

### Creamy Coconut and Tomato Soup



30 minutes



2 Servings

Bring Dinnerly to lunch with this easy, dreamy soup. Simply blend roasted herbed cherry tomatoes with luscious coconut milk, then top with giant garlic croutons for a soul-warming vegan bowl.

## WHAT WE SEND

- 1 onion
- thyme
- oregano
- 2 vegetable stock cubes
- 250g cherry tomatoes
- 2 garlic ciabatta bread <sup>1,6,17</sup>
- 200ml coconut milk

\* The remainder of this ingredient won't be used in this recipe.

## WHAT YOU NEED

- 125ml (½ cup) boiling water
- 1 tbs olive oil

## TOOLS

- 1L (4 cup) baking dish
- oven tray
- medium saucepan
- stick blender or food processor

Our veggies come straight from the farm, so please wash them before cooking.

## COOKING TIP

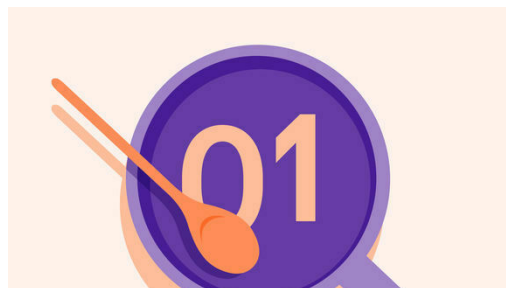
Due to current supply shortages, we've substituted oregano for the basil, pictured. Don't worry, the dish will be just as delicious!

## ALLERGENS

Gluten (1), Soy (6), Sulphites (17). May contain traces of other allergens.

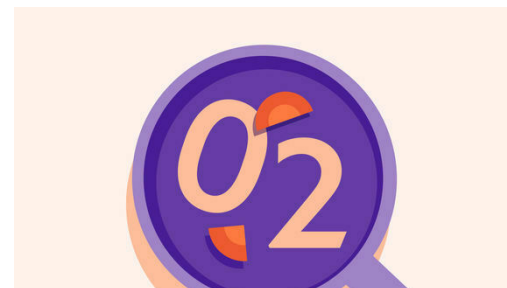
## NUTRITION PER SERVING

Energy 350kcal, Fat 24.4g, Carbs 24.4g, Proteins 5.4g



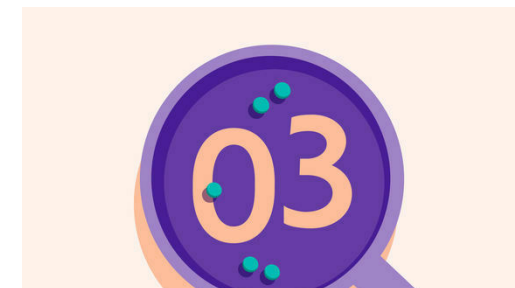
### 1. Prep ingredients

Preheat the oven to 220C. Thinly slice the **onion**. Strip the **thyme** leaves, discarding the tough stems. Pick the **oregano** leaves (see Cooking tip), discarding the stems. Crumble **1 stock cube\*** into a heatproof jug, add **125ml (½ cup) boiling water** and stir to dissolve.



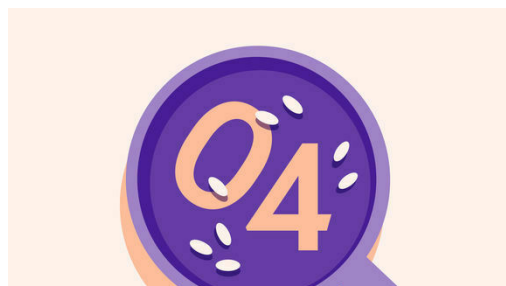
### 2. Roast tomatoes and onion

Put the **tomatoes, onion** and **thyme** in a 1L (4 cup) baking dish. Drizzle with **1 tbs olive oil**, season with **salt and pepper** and toss to coat. Roast on the upper oven shelf for 20 mins or until tender.



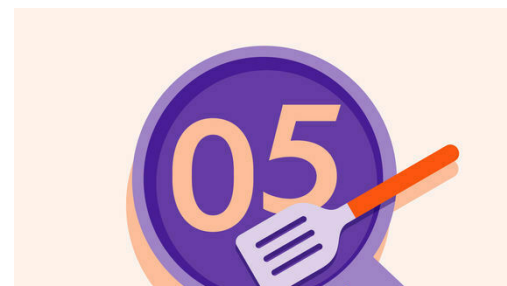
### 3. Bake croutons

Meanwhile, quarter the **garlic bread**. Put on an oven tray and bake on the lower shelf for 5 mins or until warmed through and crusty.



### 4. Make soup

Transfer the **roast tomato mixture** to a medium saucepan. Add the **stock** and **half the coconut milk\*** and blend with a stick blender until almost smooth (see Make it yours). Bring the **soup** to a simmer over medium heat, then remove the pan from the heat. Taste, then season with **salt and pepper**.



### 5. Serve up

Divide the **soup** among bowls and scatter over the **croutons** and **oregano**. Enjoy!



### 6. Make it yours

Like it chunky or don't have a blender? Simply mash the roast tomato mixture with a fork instead of blending.